

**AQUATICS** The [online registration date](#) for the Winter AQUATICS programs is **Tuesday, November 30, 2010 at 7pm**. Water Testing will be conducted the day PRIOR to online registration at the Mark Twain Pool between the hours of 6-8pm. If your child has not been in our program, you **MUST** bring them to Water Testing for correct placement in our level classes. Please read each program description to find program locations, dates and times. For more information call 377-6439.

## *AQUATICS*

Adult Learn to Swim  
A.R.C. Water Safety Instructor Course  
Cardio Aqua Fit  
Deep H2O Aquacise  
Lap Swim  
Noon Lap Swim  
Parent & Tot  
Recreation Open Swim  
Senior Swim at the Mark Twain Pool  
Teen Learn to Swim  
Water Sprites  
Yonkers Masters Swimming  
Yonkers Tsunami Swim Team  
Youth Level Swim Classes

## *Water Sprites*

**Age :** 3-4 1/2 yrs

Little swimmers work on basic skills independently: blowing, floating, arm / leg coordination and safety skills.

Yonkers Avenue Pool, 48 Yonkers Avenue

**Dates / Time:** 8 Fridays / Saturdays starting the week of December 6, 2010

Friday 3:30-4:00 P.M. or 4:30 – 5 P.M.

Saturday 9:15 – 9:45 am. OR 9:45 – 10:15am.

**Fee:** \$89

**Location:** Yonkers Avenue Pool ONLY

**On-line Registration:** See page 3 - Aquatics registration

## *Parent & Tot*

6mo-2yrs 6:00 P.M. – 6:30 P.M.

2yrs-4yrs 6:30 P.M. – 7:00 P.M.

Parent and tot swim classes are designed to give parents and their child a chance to spend quality time in the pool with guidance from a swim instructor. Children develop the basic skills of swimming and gain confidence in the water by learning to put their face underwater, blowing bubbles, kicking, and jumping in the water. Kick boards and noodles are used by the instructors as learning tools. Children must be accompanied by an adult.

**Dates / Time:** 8 Fridays starting December 10, 2010

**Fee:** \$89

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**On-line Registration:** See page 3 - Aquatics registration

## *Adult Learn to Swim*

Adult beginners will learn basic swimming skills & water safety. Intermediate swimmers expand their techniques.

**Dates / Time:** 8 weeks Starting week of December 6, 2010  
Monday Intermediate / Advanced 8– 8:45P.M.  
Tuesday Beginner 8– 8:45P.M.

**Fee:** \$99

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**On-line Registration:** See page 3 - Aquatics registration

## *Cardio Aqua Fit*

An energizing exercise program designed for body toning and cardio-vascular fitness.

**Dates:** 8 Mondays Starting week of December 6, 2010 **Time:** 8 – 8:45P.M.

**Fee:** \$99

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**On-line Registration:** See page 3 - Aquatics registration

## *Deep H<sub>2</sub>O Aquacise*

Adults enjoy exercise in deep water with emphasis on lower body. Aqua belt provided or bring your own. You must be comfortable in water over your head.

**Dates / Time:** 8 Wednesdays starting week of December 6, 2010  
8 P.M. – 8:45 P.M.

**Fee:** \$99

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**On-line Registration:** See page 3 - Aquatics registration

## *Senior. Aquacize*

Low Impact aquacise for the Young at heart.

**Dates / Time:** 8 Saturdays starting week of December 6  
9 – 10A.M.

**Age:** 55yrs +

**Fee:** \$69

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**On-line Registration:** See page 3 - Aquatics registration

## *Teen Learn to Swim*

Young adults learn basic swimming and water safety skills.

**Age / Time:** 13- 17yrs 9:00 – 9:45am.

**Dates:** 8 Saturdays starting the week of December 6, 2010

**Fee:** \$99

**Location:** Mark Twain Pool

**On-line Registration:** See page 3 - Aquatics registration

## *American Red Cross*

### *Water Safety Instructor Course*

Comprehensive certification training: Learn to teach all swim levels. Requirements: Pre-requisite swim skills test required. Participants must attend all classes and be at least 16 years of age upon completion.

**Dates / Time:**

TBA / 2011

**Registration Date:** TBA

**Fee:** \$350

### *Recreation Open Swim*

Open recreation swim for the entire family. Requirements:  
All parents must accompany children in water.

**Dates / Time:** 8 Fridays starting week of December 6

7:00 – 9:00P.M.

**Fee:** \$75 per Adult \$45 per child

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**On-line Registration:** See page 3 - Aquatics registration

### *Evening Lap Swim*

Leisure swim at your own pace. Must circle swim if more than 2 persons are in a lane.

**Dates / Time:** 8 weeks Starting week of December 6

Monday-Thursday 8:45 – 9:30 P.M.

Friday 7:00– 9:00 P.M. Saturday TBA

**Fee:** \$108

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**On-line Registration:** See page 3 - Aquatics registration

### *Noon Lap Swim*

Leisure swim or work out at your pace. Program offered all year round at the Yonkers Avenue Pool ONLY.

**Dates / Time:** Tuesdays, Wednesdays & Fridays

Noon – 1:30 P.M.

**Fee:** \$6 per week

**Location:** Yonkers Avenue Pool

**On-line Registration:** See page 3 - Aquatics registration

## *Yonkers Masters Swim Club*

Enjoy friendship and camaraderie as you improve your stroke, technique & conditioning through organized workouts. Geared for the fitness swimmer to the serious competitor. Registered U.S. Masters Swim Team; member LMSC. For more info visit [www.yonkersmasters.com](http://www.yonkersmasters.com).

### Dates / Time:

Tuesdays & Thursdays 8 P.M. – 9:30 P.M.  
Saturday 10:30 A.M.– 12:00P.M.

Age: 18 yrs +

Fee: \$108.00

Location: Mark Twain Pool, 160 Woodlawn Avenue

On-line Registration: See page 3 - Aquatics registration

## AQUATICS - Children's / Teen Level Classes

Classes combine the best in swim instruction while keeping a strong emphasis on water safety. Courses are available for all ages and skill levels. A certification card will be received after the successful completion of each level class.

Ages: 5 to 13 Winter Session: 8 Weeks starting the week of December 6.

**Water Testing Requirements:** If your child has not been in our program, you MUST bring them to Water Testing for correct placement in our level classes.

**Water Testing:** Monday, November 29, 2010 6 to 8 P. M. Mark Twain Pool

**On-line Registration:** Tuesday, November 30, 2010 7 P.M.

Classes begin the week of December 6, 2010

Level 1	Level 2	Level 3A / B	Level 4 A / B	Level 5 A / B
<b>Mark Twain Pool</b> 160 Woodlawn Ave.	<b>Mark Twain Pool</b> 160 Woodlawn Ave.	<b>Mark Twain Pool</b> 160 Woodlawn Ave.	<b>Mark Twain Pool</b> 160 Woodlawn Ave.	<b>Mark Twain Pool</b> .
<b>Monday</b> 6:15 – 7:00 P.M.	<b>Monday</b> 6:15 – 7:00 P.M.	<b>Monday A/B</b> 7:00 - 7:45 P.M.	<b>Monday A</b> 6:15 – 7:00 P.M.	<b>Monday A</b> 7:00 - 7:45 P.M.
<b>Tuesday</b> 6:15 – 7:00 P.M.	<b>Tuesday</b> 6:15 – 7:00 P.M.	<b>Tuesday A/B</b> 7:00 - 7:45 P.M.	<b>Tuesday B</b> 6:15 – 7:00 P.M.	<b>Tuesday B</b> 6:15 – 7:00 P.M.
<b>Wednesday</b> 6:15 – 7:00 P.M.	<b>Wednesday</b> 6:15 – 7:00 P.M.	<b>Wednesday A/B</b> 7:00 - 7:45 P.M.	<b>Thursday A/B</b> 6:15 – 7:00 P.M.	<b>Wednesday A</b> 6:15 – 7:00 P.M.
<b>Thursday</b> 6:15 – 7:00 P.M.	<b>Thursday</b> 6:15 – 7:00 P.M.	<b>Thursday A/B</b> 7:00 - 7:45 P.M.	<b>Friday A/B</b> 6:15 – 7:00 P.M.	<b>Thursday B</b> 6:15 – 7:00 P.M.
<b>Saturday</b> 9:15 – 10:00 A.M.	<b>Saturday</b> 10– 10:45 A.M.			<b>Friday A/B</b> 7:00-7:45 P.M.

**Yonkers Avenue Pool**  
**48 Yonkers Avenue**

**Level 1**

**Tuesday**  
**4:30-5:15pm**

**Level 2**

**Friday**  
**4:30-5:15pm**

**Level 3A**

**Tuesday**  
**3:45-4:30pm**

**Level 3B**

**Tuesday**  
**3:45-4:30pm**

**Saturday**  
**11:45-12:30pm**

**Saturday**  
**11:00-11:45am**

**Saturday**  
**10:15-11:00am**

**Saturday**  
**10:15-11:00am**

**Spring 2011 Registration**

**Water Testing**

**Tuesday, February 15, 2011, 6 – 8 p.m.**  
**at the Mark Twain Pool**

**Online Registration**

**Wednesday, February 16, 2011, 7pm ONLINE**